

# DBT Informed Treatment for Bipolar Disorder

Bipolar Disorder (BD) is a serious mental health problem that typically creates chaos in an individual's life, often leading to risky and impulsive behaviors, damaged relationships and careers, substance use problems, hospitalization, and even suicide. Based on Sheri Van Dijk's ground-breaking work on using DBT with Bipolar Disorder, this webinar will briefly review the different psychotherapies being used to treat bipolar disorder, before looking at the efficacy of Dialectical Behavior Therapy in treating this illness, and delving more into how to teach some of the DBT skills most pertinent to clients with BD.

## Target Audience

Psychologists                      Social Workers                      Counselors  
Therapists                      Psychiatrists                      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Provide psychoeducation about BD to their clients regarding the DSM-V diagnoses, rates, and aetiology.
2. Identify the co-morbidities, suicidality and other difficulties in living with BD
3. Name the current evidence-based treatments for BD
4. State the theoretical rationale for using Dialectical Behavior Therapy (DBT) in treating BD.
5. Identify the main DBT skills used in treating BD.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 10 AM ET

Providing psychoeducation to your clients with Bipolar Disorder: different types of BD, mania versus hypomania, causes of BD, dealing with psychosis  
Co-morbidities, suicidality, and other difficulties in living with BD  
Treatment Options  
What is DBT?

Break 12:00-12:15 PM ET

Tasks for Treatment of BD  
Addressing Stigma  
What is dialectics?  
DBT Skills for Bipolar Disorder: Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness skills  
Considerations for group versus individual treatment  
End 2:15 PM ET

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 4 CE's for attending once they have completed these requirements.

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## The Presenter

Sheri is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience in a hospital as well as community setting, Sheri now sees clients in private practice, and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behavior therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010 Sheri was the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.

Sheri is the author of numerous books that focus on helping readers learn DBT skills and apply them to a variety of mental health problems, including *The DBT Workbook for Emotional Relief*; the best-selling *Don't Let Your Emotions Run Your Life for Teens*; and her newest book, coming in 2025, *The DBT Workbook for C-PTSD*. Sheri trained in Eye Movement Desensitization and Reprocessing (EMDR) in 2018 and is an EMDRIA-approved Consultant; she is a member of the International Society for the Study of Trauma and Dissociation (ISSTD), and is a consultant for the ISSTD's EMDR training program.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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